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Celebrity pg 14

Anne says gossip not true

Catch council on the web

COUNCIL City council unveiled its first-ever webcast yesterday, and while more transparency is always welcome in democracy, a Mount Royal College professor questioned its benefit.

Political science professor Duane Bratt said few people head down to council chambers unless there's a massive issue like smoking bans, and doesn't expect a flood of Calgarians to be tuning in.

"Either in person or on the web, I don't think there's going to be a bunch of people watching just waiting for something to happen," Bratt said.

NEIL MACKINNON/METRO CALGARY

Business pg 8

TSX takes a beating amid recession fears

Election 2008 pgs 5, 6
- National Report by Lawrence Martin
- The point of polls
- Dion dynamic shifting
- Campaign vandalism

Your Money pg 9

Build your dream team

Health page 11

Model's road to butting out

Demonst **Artistic difference**

ROBIN KUNISKI/FOR METRO CALGARY

Emerging Artists Elaine Weryehko, 24, and Nicky Renault, 24, who plays Ditto the clown, were among protesters outside Calgary city hall yesterday, claiming a lack of financial support from the Harper government for arts and culture across the country.

Burning decision

Council debates merits of residential fire pit permits

NEIL MACKINNON
neil.mackinnon@metronews.ca

One called for an outright ban, another deemed it an "enforcement nightmare", and in the end, Calgarians inched closer to needing a permit for their fire pits.

Citing unanimous outcry from his Ward 11 constituents, Ald. Brian Pincott said a joint motion by aldermen Joe Ceci and Bob Hawkesworth to look into a permit system for city fire pits didn't go far enough.

"There are certain things you can't do anymore when a city reaches a million people," Pincott said.

"And having fire pits might be one of them."

While Pincott stressed concerns over what people were burning in their pits, the deleterious effects they have on both the environment and people with respiratory illnesses, Ald. Ric McIver said there are already rules on the books that could deal with such concerns and the city need not create a new bureaucracy.

"If we can't enforce the rules that are already there, what makes us think we can magically enforce this?" McIver asked.

> **"There are certain things you can't do anymore when a city reaches a million people."**
> Ald. Brian Pincott

City administrator Erika Hargesheimer said a permit, which could be revoked if users don't comply, would deal with any problems and the funds raised by selling them could pay for the program.

But Ald. Dale Hodges questioned the need for a permit process in the first place, as it's just a case of neighbours who can't get along switching from unlicensed dogs or cats to fire pits.

"This is an enforcement nightmare," he said.

"It's a relatively minor problem on a city-wide scale."

A report on implementation and budgetary implications will be sent back to committee level by March of next year.

ShareYourViews
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Arrest made in Edmonton Amber Alert case

KIDNAPPING Police have arrested and charged a man with abducting, sexually assaulting and drugging a seven-year-old girl who was the focus of an Amber Alert broadcast Sunday.

Less than 24 hours after the little girl was snatched from a north end playground, investigators arrested 44-year-old Danial Todd Gratton at a Hermatige area home.

> **"I think it was absolutely critical and crucial ."**
> Bill Pitt, criminologist, on the use of Amber Alert

A kidnapper dropped the child off around 3 p.m. Sunday, at a convenience store in Wildwood, 110 km west of Edmonton.

In her hand, she was clutching a note that asked she be returned home safely.

"The note may have been trying to make sure that when he did get caught, there would be a bit of a better deal," said criminologist Bill Pitt, speculating on why an abductor would leave a note. "I wouldn't look upon this as any badge of merit. He stole this little girl and he allegedly drugged her."

An Amber Alert was broadcast minutes after the girl was reported missing, a move that's been applauded by Police Chief Mike Boyd and Premier Ed Stelmach.

"I think it was absolutely critical and crucial," Pitt said.

Gratton, who was on a long-term supervision court order, has been charged with sexual assault, sexual interference, kidnapping, abduction of a person under 14 and administering a noxious substance. METRO CANADA

Watch a report on the abduction at metronews.ca/canada

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Woman injured in forklift-related incident
The day after a man was killed in a forklift incident in the Foothills Industrial area, a 45-year-old woman was airlifted to Foothills Hospital after a forklift-related injury at a building in the 7000 block of 81 St SE yesterday morning. METRO CALGARY

Local

"Alberta is well prepared to ride out any ... further difficulties in the markets."

Ed Stelmach yesterday after the TSX dipped as much as 1,100 points. The premier pointed out a budget based on $79 per barrel of oil and $7.7 billion set aside for a sustainability fund last spring. METRO CALGARY

Here comes the bride

One bride flees, another accepts station's offer

KRISTA SYLVESTER
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There goes the bride.

Energy 101.5 FM has found their bride for Two Strangers and a Wedding, after Friday's bride turned down the chance at a proposal and paved the way for another to step up to the altar.

The "runaway bride" was just an ordinary bump in the road towards finding the chosen bride, according to Energy 101.5 program director Rob Mise.

"It just goes to show how real this is; it's real people with real emotions and just like in real life we expect the odd curveball," Mise said.

Radio listeners chose Monday's bride to have a chance at love with a stranger when she marries her chosen suitor on Oct. 30 and she couldn't be more excited — and nervous.

"I'm engaged, but I don't know who I'm engaged to yet. It's overwhelming and so real now. It's definitely happening, it's not a 'what if' anymore."

As for the honeymoon?

"That's just crazy," she laughed. "If love blossoms that would be great."

The bride will have her choice of five grooms carefully chosen after going through the same tests, lie detectors and background checks, Mise said.

ROBIN KUNISKI/FOR METRO CALGARY

The Calgary Police and Calgary Transit peace officers joined together to open a new downtown security outpost at the Centre Street Station Monday.

CPS, Transit team up in core

NEIL MACKINNON
neil.mackinnon@metronews.ca

Gum droppers and vandals, dope dealers and drunkards, Calgary's downtown C-Train platforms are going to be a lot less hospitable for city social disorder entrepreneurs.

A four-month joint pilot program between Calgary Transit and Calgary police is set to centralize the efforts of 12 peace officers and 18 cops at a new deployment facility at Centre Street Station, in hopes of cleaning up the downtown line and discouraging criminal activity, said Insp. Bob Ritchie.

"... having the officers out engaging with the public really enhances the usership of the downtown core, there's that vitality aspect and people feel safer."
Insp. Bob Ritchie

"The high visibility approach, having the officers out engaging with the public really enhances the usership of the downtown core, there's that vitality aspect and people feel safer," Ritchie said.

Working alongside city police should also help transit peace officers adapt their approaches while integrating each others' efforts in a complementary manner, said Calgary Transit's Brian Whitelaw, adding along with carving into crime, they're hoping to discourage people from spitting, tossing their gum and littering on platforms to dissuade crime.

"Many of these types of issues contribute to the appearance of an unclean location, which can sometimes factor in to the perception of personal safety," Whitelaw said.

News in brief

SOLAR POWER Development permits were waived by city council Monday for solar collectors producing 10 kilowatts of power or less in a move which is expected to make the adoption of the technology easier. Electrical and plumbing permits may still be required, depending on the type of solar system being installed.

CASH INJECTION With an 11-2 vote, city council lopped Lunchbox Theatre's Push to the Finish campaign in half Monday, approving a one-time $250,000 cash injection towards its construction completion. METRO CALGARY

The Bride's Diary: Volume 1

Dear diary, *Wow, Monday was a big day indeed! I was pretty much in shock when the reality of being chosen as the bride set in. Now another stage of the social experiment begins.*

While the experts start accepting and screening my potential groom, I will be getting to do fun and girlie things this week.

Tomorrow, my maid of honour (my sister) and I will enjoy much-appreciated spa treatments. Then, I will rush to work and try to keep my mind on working as I get very excited to meet Lisa Hanslip and then try on wedding dresses at S2 Bridal.

This is going to be amazing! I hear they are spoiling us with champagne and sushi while I find the perfect dress!

energy 101.5 today's best music

metronews.ca
What's online today.

Watch clowns and tombstones at a Tory arts cut protest at metronews.ca/canada and a report on EnCana's push to expand in an eco-sensitive area at metronews.ca/local
Read investment adviser Allan Small as he explains the basics of the U.S. bailout plan at metronews.ca/live

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COLUMBIA COLLEGE

Victim of forklift accident identified
The victim of an industrial accident killed on Sunday has been identified as Ernie Michaud. Michaud died from head injuries he sustained from a forklift accident at Andlauer Transportation Services in the Foothills Industrial area. METRO CALGARY

Man lands in hospital after stabbing

KRISTA SYLVESTER
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A man was rushed to hospital with life-threatening injuries yesterday after a stabbing that took place in the city's beltline in the early morning.

Police were called to 17th Avenue and 2nd Street SW just after 6 a.m. and found a man in his 30s with multiple stab wounds, bleeding profusely.

Local radio station X92.9 FM, which was stationed right where the man was found, witnessed a woman helping the man, but EMS Stuart Brideaux couldn't confirm who she was.

"It could have been the the person who called," Brideaux said.

The victim was taken to Foothills Hospital.

Police cordoned off the area during their investigation. There are no suspects in custody.

News in brief

FIRE A Coventry Hills blaze on Sunday night that forced eight people from a northeast home is believed to have been caused by an over-heated battery charger that ignited other combustibles in an adjacent garage. Damage is estimated at $280,000 for the structure and $100,000 for contents.

ROBBERY Calgary Police are looking for a Caucasian man, 20 to 25 years old, five foot eight with a slim build and short dark hair in connection with the Oct. 3 robbery of the Ogden Legion. He was wearing a grey hoodie, dark pants and white shoes. Cash was taken from the scene, but no one was injured.

METRO CALGARY

KRITA SYLVESTER/METRO CALGARY

From left: Fire Chief Bruce Burrell, Mayor Dave Bronconnier and firefighter Karen Somerville take a ride in the aerial apparatus for the launch of Fire Prevention Week.

Mayor, fire chief preach fire safety

KRISTA SYLVESTER
krista.sylvester@metronews.ca

What better way to kick off Fire Prevention Week in Calgary than to unveil some of the city's newest fire-fighting equipment and buildings?

Mayor Dave Bronconnier was at the construction site for Calgary's new apparatus repair and maintenance facility in the city's northeast yesterday to help launch the awareness campaign.

"We want Calgarians to be fire aware, because you never want to see one of these vehicles at work or in front of your home, and we want to remind people fire safety starts at home," Bronconnier said.

Bronconnier also wants to remind people that it's a good time to check their fire and carbon monoxide detectors.

"I try and teach my kids to check to make sure they are working when we change our clocks in the spring and ... the fall," Bronconnier said.

Fire Chief Bruce Burrell also unveiled some of the department's new equipment, saying, "We wouldn't put equipment on the road that isn't safe, but we are definitely using some outdated equipment, so this is much needed."

Burrell added that some of the equipment dates back to before 1990.

The maintenance facility is expected to be ready for the first quarter of 2009 and will be able to house 18 vehicles at a time.

Air pollution may raise risk of appendicitis

STUDY New research from the University of Calgary suggests high levels of air pollution may increase the risk of appendicitis.

Researchers identified more than 5,000 adults hospitalized for appendicitis in Calgary between 1999 and 2006 and studied the relationship between air pollutants and the development of appendicitis.

The findings showed that higher concentrations of air pollutants were associated with appendicitis in the population.

"As ... nations become industrialized the incidence of appendicitis increases," said Dr. Gilaad G. Kaplan, the university's principle investigator. METRO CALGARY

Former athlete rewarded for building up business

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Colin Davidson

Building a business model with the discipline of an athlete has propelled one entrepreneur out of the basement and into the realm of success.

Former world curling champion Colin Davidson has garnered recognition and a $20,000 prize from the Canadian Youth Business Foundation (CYBF) for the success of his entrepreneurial endeavour, Stealth Acoustical & Emission Control.

Two years ago, Davidson started his emission-control business in the basement of his parents' home with two employees. Now he has 50 employees, and has just signed a $5-million dollar contract, he says.

"It's an honour to be recognized for our efforts, but another great thing is our employee retention in such a competitive market," Davidson said. "For the first two years we never lost an employee."

Davidson added that he shared the CYBF prize with his workers through a nice bonus.

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B.C. woman granted third murder trial

The B.C. Court of Appeal has ordered a third trial for a woman twice convicted in the shooting death of her estranged husband. Darlene Young is accused of shooting Frederick James Payton at his Falkland, B.C., home on the evening of March 29, 2002. **SOURCE: CBC NEWS ONLINE**

Canada

Fit to stand trial

A man accused of beheading a passenger on a Greyhound bus in Manitoba was found fit to stand trial in a courtroom in Portage la Prairie, Man., yesterday. An interim psychiatric assessment was submitted to the provincial court on Vince Li, 40, accused of killing fellow passenger Tim McLean in July.

SOURCE: CBC NEWS ONLINE

Inspectors urge changes to food safety processes

Deadly food outbreaks like the Maple Leaf listeria tragedy will likely repeat in Canada if rules aren't tightened immediately, federal food inspectors warned yesterday.

The strongly worded caution came on the heels of a Torstar News Service/CBC report that the Canadian Food Inspection Agency had quietly dropped its requirement that food producers must report positive bacterial tests to government inspectors. The requirement was dropped last April — four months later, people began dying from listeria linked to Maple Leaf's Toronto plant.

"Food inspectors should be notified when test results for listeria and other bacteria in meat processing plants are positive."
Bob Kingston, president of the Agriculture Union

"Food inspectors should be notified when test results for listeria and other bacteria in meat processing plants are positive," said Bob Kingston, president of the Agriculture Union, which represents federal food inspectors.

"This requirement, which was cancelled by CFIA, should be restored immediately, and CFIA should invest the resources to ensure inspectors monitor clean-ups after positive tests."

When questioned about the policy, officials from the food inspection agency said the rules could soon be strengthened. Under the existing post-April 1 policy, food-processing companies don't have to report positive tests to inspectors, but inspectors are allowed to look at test records.

"If there are any shortfalls in the system, we will correct them," Tom Graham, the agency's national inspection manager, said on the weekend. "Major changes are being looked at right now in the listeria policy."

A spokesperson for Maple Leaf said yesterday that while the company is not compelled to tell inspectors about positive listeria tests of surfaces or machines in the plant, it must report positive listeria tests on samples of the meat itself.

"Reporting listeria in a product is both a regulatory requirement and a moral necessity," said Linda Smith.

In general, the vast majority of testing in meat plants is not on food but rather on surfaces, Kingston said.

TORSTAR NEWS SERVICE

Critics hit Hockey Night anthem composers hard

JEFF HODSON
Metro Canada

CONTEST The composer of a song that could be the new theme of Hockey Night in Canada is surprised at the sour note the top five songs have struck in the heartstrings of certain fans.

Graham McRae

Graham McRae, 48, a Burnaby, B.C., man who teaches music at a pair of Surrey elementary schools, is the composer of Eleventh Hour, one of five semi-finalists in CBC's hockey anthem challenge.

"It wasn't just me," said McRae, whose song was chosen from more than 15,000 submissions. "All of us have received a whole bunch of negative feedback, really serious, negative feedback.

"It's too heavy, too long, too short. All sorts of opinions from all over the map," he said. "Everyone equally got tarred and feathered."

CBC launched the anthem challenge after negotiations for Vancouver's Dolores Claman's The Hockey Theme fell apart and rights to the song were purchased by CTV.

McRae said replacing Claman's anthem is "the most monumental of tasks."

"It was a song that was more than a song," he said. "It was a song that had associations for everybody. How does any song step into those shoes?"

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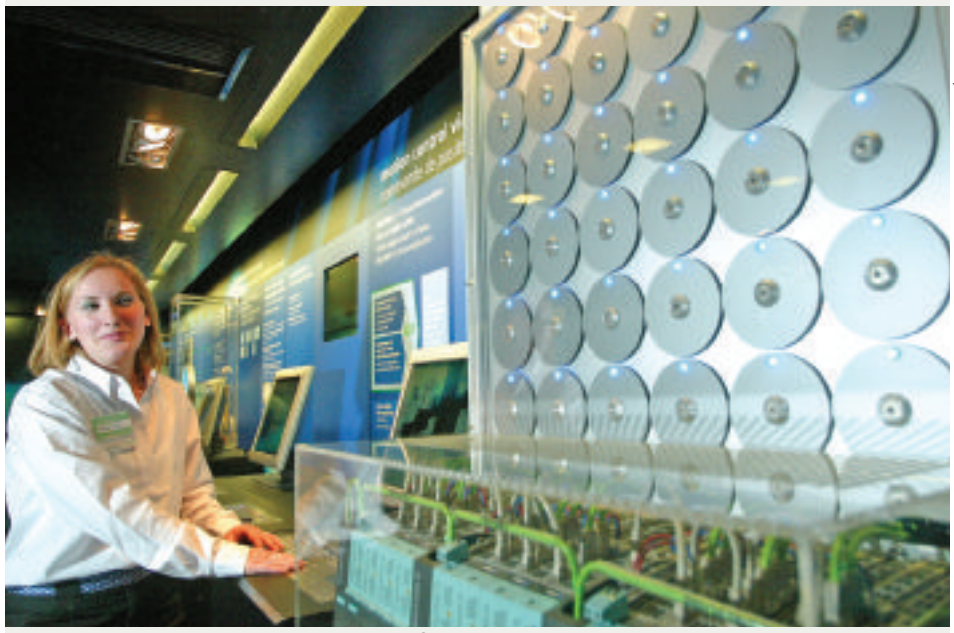
RYAN TAPLIN/METRO CANADA

Rebecca Chandler gives a demonstration of the Simotion technology aboard the Siemens Exiderdome, a floating exhibition of automotion, drives and control technology, on the Halifax waterfront yesterday. The two-storey exhibit is constructed on a 108-metre long barge. Following its departure from Halifax today, the Exiderdome will travel to Boston as part of a global tour.

News in brief

REVIEW Ontario's chief forensic pathologist, who was the first to suggest a review of old "shaken-baby" deaths, says the province has a "daunting" task ahead as it looks at 220 cases to determine if anyone was wrongfully convicted. The review will be a massive undertaking, not just because of the number of cases, but also because shaken-baby syndrome continues to be hotly debated in medical and scientific circles, Dr. Michael Pollanen says.

WHISTLER At least three people were burned yesterday afternoon in a fire and explosion in a Whistler, B.C., restaurant CBC News Online reports.

MONTREAL The murder trial of an alleged Hells Angels member got underway in Montreal yesterday with more than 150 witnesses expected to testify over the next few months, CBC News Online reports. Paul Fontaine is accused of killing Pierre Rondeau, a prison guard, in 1997 at the height of Quebec's biker wars.

ONTARIO Finance Minister Dwight Duncan is warning that Ontarians should brace themselves for a provincial budget deficit because of the global finance crisis.

METRO NEWS SERVICES

Website is a popular spot
Since launching a week ago, VoteForEnvironment.ca has received more than 1.2 million page views and more than a quarter of a million unique visitors. The site is aimed at voters who want to stop the Conservatives. TORSTAR NEWS SERVICE

Election 2008

Don't trust rivals on economy: PM

Conservatives poised to unveil party platform today – no surprises expected

In a major economic speech in Ottawa today before his platform's official release, Prime Minister Stephen Harper suddenly has a huge task: To convince Bay Street and Main Street he gets it.

Last night, in Laval, Que., Harper warned the stock market gyrations of recent days are "just the tip of the iceberg" if the opposition parties get their way.

The prime minister will bring that message to the Canadian Club of Toronto today where he will give a luncheon speech before unveiling the Conservative party's platform.

Harper said last night his platform will not initiate any massive new spending programs that risk a government deficit. He contrasted that with what he says are massive tax increases and a "risky" carbon tax planned by his political rivals.

"The Conservative party is focused 'on the individual and the family, the employee concerned about her job, the parents working hard to pay the mortgage and put food on the table.'"
Stephen Harper

Aides say there will be "some news" in today's platform, but there won't be any 11th-hour big-ticket items.

The biggest ticket item presented by the Tories so far has been Harper's promise, announced early in the campaign, to cut in half the federal excise tax on diesel fuel. Cost: $600 million a year.

There are other tax breaks in the platform: For seniors ($400 million a year); for first-time homebuyers ($200 million a year); for children's arts courses ($150 million a year); for farm families ($125 million a year). There are also provisions for more training for older workers ($50 million) and graduation bonuses for younger trades apprentices ($60 million).

The Conservative party is focused "on the individual and the family, the employee concerned about her job, the parents working hard to pay the mortgage and put food on the table," said Harper.

TORSTAR NEWS SERVICE

Message **Boots made for talking**

PAWEL DWULIT/TORTAR NEWS SERVICE

Work boots are piled up yesterday in front of Finance Minister Jim Flaherty's campaign office in his Whitby-Oshawa, Ont., riding. Hundreds of Canadian Auto Worker union members gathered to present Flaherty with old work boots collected from laid-off workers from across Ontario.

Blogs, comments don't disappear in cyberspace

The young man waiting to enlist in the Canadian Forces was eager to answer questions about why he wanted to put on a uniform and endanger his life for his country, but there was one risk he would not take: He would not release his name.

He wants to become a politician. He doesn't want his words coming back to haunt him.

The digital age has given words a currency they once lacked. Comments that once languished in newspaper archives or libraries can be dug up in a second by Google.

Web pages and blogs invite participation. Unfortunately, as Durham, Ont., NDP candidate Andrew McKeever has learned, online comments are forever. He finally resigned on Friday, after controversy surrounding expletive-filled attacks he made on a blog in June refused to die.

"All of us make mistakes and say things that we probably regret."
Warren Kinsella

He is one of more than half a dozen candidates in this federal election who have been forced to withdraw over dubious remarks made online.

"All of us make mistakes and say things that we probably regret," says Warren Kinsella, author of The War Room: Political Strategies for Business, NGO's and Anyone Who Wants to Win. "The difference for politicians, of course, is they're saying it in an environment where an awful lot of people are paying attention."

TORSTAR NEWS SERVICE

eBay Sellers are Making $10,000+ a Month

By
Frances M. Kelsey

Why settle for mediocre pay and long hours when it is possible to make over $100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Duane Barney, online auction expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home with the help of his children. Now Barney is making around $10,000 a month by selling a variety of items that can be found in his home.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Barney said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make $1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

According to a speech given by former Senior Vice President of Products Development, Lynn Reddy, on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Barney said. "With the right techniques it's easy to make extra income."

Barney said he does not recommend attempting to become a full-time online auctioneer with eBay without learning the basics first.

"It's like driving a car," Barney said. "It's easy to do but if no one shows you how to drive, you could end up in an accident that costs you time and money to fix."

This should not be taken as discouragement to start working with online auctions.

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Barney said, "when selling on eBay is like winning the lotto every day."

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Which is the sexiest party?

Attempting to showcase the sexiness of the Canadian body politic, SexiestParty.ca lets supporters of the five major political parties compete with one another for the title of Sexiest Party of Canada. Individuals can upload their photos, which will be judged by the web-based masses. METRO NEWS SERVICES

Election 2008

Harper caught tinkering

There's worry in the Conservative camp as support numbers dwindle

NationalReport

Lawrence Martin

It was supposed to be a coronation. Harpo the Incrementalist in a walk. A storyline that most everyone in the media ran to on the campaign's opening weekend. The Conservatives were at 40 per cent — and eating steak. The others? Kraft cheese slices.

But complacency is a dangerous commodity in politics. Preaching the status quo, as the Conservatives have done, works OK — so long as tumult doesn't hit.

But Wall Street went under and this country is feeling the thunder — check those crashing TSX numbers — and our prime minister, the Great Tinkerer as someone labelled him, was caught tinkering. No plan! One wasn't necessary, he said. Land is strong.

But even Stéphane Dion had a five-point plan for the economy. No great shakes, but something! And Jack Layton and Elizabeth May jumped in, making the point that not only was there no economic plan, but not even a Conservative campaign platform. And how presumptuous, how arrogant, said they, is that!

Then a rare thing happened. Stephen Harper relented. A platform is coming today. It may be the latest point ever that a platform has been released in an election. But there is worry in the Conservative camp. They're still leading. But the party numbers and the prime minister's personal numbers have both dropped significantly since the opening gun. There's a good chance they can win back the momentum this week. But if they don't, they'll lose seats in this election — and Harper, who appeared headed for a majority only a week or two ago, will be ushered out as Tory leader.

While the media focus has been on the problems plaguing Dion, Harper's setbacks accumulated. Lots of mistakes by his underlings, the troubling plagiarism charge that linked him strongly to the Iraq war, listeriosis jokes, the insults about people who go to galas, no big new promises, no vision. Then he got a terribly unlucky break when the American economy tumbled. Then he John-McCained himself by saying all was well. Don't worry, be happy.

And so now, what seemed nutty to contemplate a few days ago — a Liberal victory — is not so nutty anymore. The much-mocked Dion inches forward. Breaks finally come his way. While he wants change, the other team is stuck in the status quo. The status quo didn't look so bad a month ago. Now it is starting to remind people of 1930.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Numbers

Grits gain on Tories in latest polls

RACE Two polls yesterday showed a tighter election race than earlier in the campaign, and point to the Conservatives winning a minority government rather than the majority that seemed to be in the cards earlier.

The largest of the surveys, one taken Friday through Sunday by Ekos, suggests televised election debates on Wednesday and Thursday failed to shake the race up, with the Conservatives still 10 percentage points ahead of the Liberals, 35-25.

However, a Harris-Decima/Canadian Press poll puts the Conservative lead at only 7 points (32-25) — down from 15 points just three days earlier.

And a Nanos poll has the gap at only 5 points (34-29) — one more than Nanos' survey released on Sunday, but just half what it had shown a week earlier.

Harris-Decima pollster Bruce Anderson said jitters about the economy were cutting into support for Harper, who has advocated a steady hand with no dramatic moves.

Ekos projects the Conservatives would take 130 of the 308 seats in the House of Commons, well short of the 155 needed for a majority, but ahead of the 78 projected for the Liberals and 42 for the NDP. The Bloc Québécois would take 58.

REUTERS

How will parties capitalize on economic woes? Watch at metronews.ca/canada

7 days remain until the 2008 Canadian federal election

Campaign

More reports of vandalism

SLURS Spray paint, homophobic slurs and more than a few rocks littered the campaign trail in Nova Scotia over the weekend. In Liberal MP Scott Brison's hometown of Cheverie, N.S., nine campaign signs were defaced Saturday night with the word "fag" written in pink spray paint. Brison is openly gay.

In Halifax, rocks were thrown through the windows at the headquarters of Conservative Ted Larsen and Liberal Catherine Meade.

In Toronto, there have been six more reports of vandalism, including cutting of brake lines and graffiti on houses. The victims all appear to be Liberal supporters.

METRO NEWS SERVICES

Canada's role in Afghanistan at forefront of East Coast debate

The war in Afghanistan heated up an already lively all-candidates debate in Nova Scotia Central Nova last night, where Green Leader Elizabeth May is facing an uphill battle to unseat Defence Minister Peter MacKay.

Elizabeth May

Peter MacKay

Conservative incumbent MacKay defended increased funding for the military as May and NDP candidate Louise Lorefice questioned the presence and role of Canadian troops in Afghanistan.

"We have increased military spending and we will continue to do so because it gives Canada the ability to reach out and help," MacKay told hundreds of people who had gathered at St. Francis Xavier University last night to see candidates face off in one of the hottest races of the country.

When MacKay suggested she would cut military spending in half, May said it was a party proposal from the 1980s that Conservative war-room spinners had found on an archived section of the Green website.

"I guess I can ask MacKay now what Harper's position is on South Africa and apartheid," May quipped, referring to that country's now-dismantled system of racial separation.

"It was the Conservative government that led the fight against apartheid," MacKay countered.

"Mr. Harper's Conservatives had nothing to do with ending apartheid! It was the Progressive Conservative government," May shot back, referring to the party MacKay led before amalgamating with the Canadian Alliance.

The first part of the debate, sponsored by St. Francis Xavier University, its student union and the Antigonish Chamber of Commerce, focused mainly on student issues and barely mentioned the economic news of the day.

TORSTAR NEWS SERVICE

Liberals

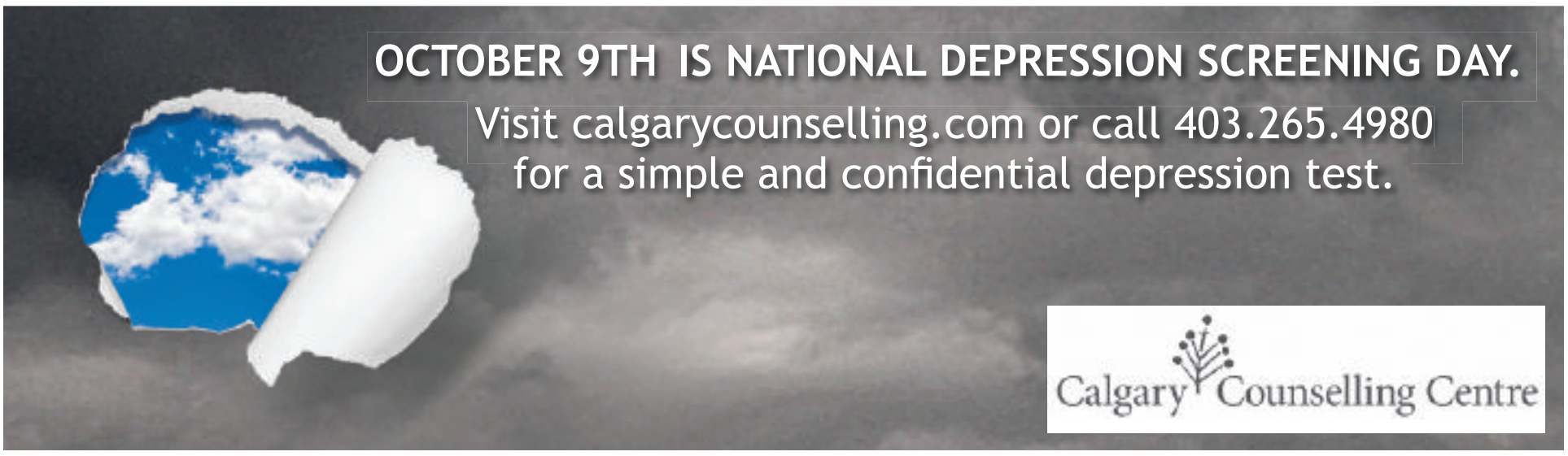
Dynamic shifts for Stéphane Dion

BOOST Stephen Harper's popularity is dropping with the stock market, giving Liberal Leader Stéphane Dion a bounce in his step and a boost in the polls.

The shifting dynamic translated on the campaign trail yesterday as Dion made the economy the focus of stump speeches in Victoria, charging that Harper is standing by in the face of unprecedented economic turmoil. "For the last weeks, we told him he needs to wake up and say to Canadians that indeed we have tough times and indeed the government will help," he said.

The Liberals have struck a chord with their focus on the economy and their own 30-day "action plan."

TORSTAR NEWS SERVICE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Scientists develop solar cells with a twist
U.S. researchers have found a way to make efficient silicon-based solar cells that are flexible enough to be rolled around a pencil and transparent enough to be used to tint windows on buildings or cars. The finding was reported on Sunday in the journal Nature Materials. REUTERS

World

Court split on tobacco case

The U.S. Supreme Court seemed closely divided as it heard arguments yesterday over whether tobacco firms can be sued under state law for deceptive advertising of "light" cigarettes, a case that could affect some 40 suits around the country seeking billions of dollars. A ruling is expected early next year. Reuters

Crisis making global waves

U.S. urges unified response as impact on worldwide markets deepens

Governments around the world grasped at new measures to contain the fast-spreading credit crisis, but stock, bond and commodity markets saw investors bet on deepening uncertainty and a sharp downturn.

U.S. officials called for a "forceful and coordinated" global reaction to the crisis as the Dow Jones industrials average closed down 3.5 per cent yesterday. U.S. stocks staged a late rally to cut earlier losses by half.

The S&P 500 closed down almost 4 per cent after touching a five-year low in the first Wall Street session since the U.S. Congress approved a $700 billion US bailout intended to reassure markets that help was on the way.

Instead, a crisis that began with the overheated U.S. property market and the $11 trillion mortgage market was still rocking confidence worldwide.

"The ground underneath our feet is moving like an earthquake," said acting U.S. Treasury Undersecretary for domestic finance Anthony Ryan.

Emerging markets, which had gained most from the surging global expansion in the last three years, were sucked into the vortex. Trading was halted in markets as far afield as Brazil and Russia when stocks plunged.

Mexico's peso sank to its weakest level since the currency was allowed to float in the mid-1990s, and stocks plunged.

In Texas, U.S. President George W. Bush said it would take time to restore confidence in the financial system and free up credit, saying it was important that the rescue program not waste taxpayer money.

"We don't want to rush into this situation and not have the program be effective," Bush said.

Campaigning in North Carolina, Democrat Barack Obama urged the Bush administration to act quickly. "We've seen that contagion is spreading to all parts of the globe," he told reporters. REUTERS

'A 900-foot tsunami'

• Former U.S. Securities and Exchange Commission chief Richard Breeden called the current financial crisis "a 900-foot tsunami" and chided Treasury Secretary Henry Paulson yesterday for wanting, as recently as a year ago, to reduce regulation.

Bomb attack kills 12 in Pakistan

TERROR A suicide bomber killed at least 12 people and wounded around 30 including a leading Pakistani opposition politician and member of the minority Shi'ite Muslim community yesterday, police said.

The attack targeted the home of Rashid Akbar Khan Nawani, a member of parliament for former prime minister Nawaz Sharif's party, in the town of Bhakkar, 260 kilometres southwest of Islamabad.

"The bomber blew himself up in the courtyard when Mr. Nawani was sitting with his supporters there," said Khadim Hussain, a police officer.

Shaukat Javed, police chief of Punjab, said 12 people were killed.

Brits value sex, in-laws: Study

MARRIAGE Being too tired for sex is less of a problem for married Britons than for U.S. or Australian couples, and Brits place more importance on agreeing on how to handle their in-laws, online dating company eHarmony has found.

U.S.-based eHarmony, which launches in Britain this week, says married people in Britain are also more satisfied with how they share household chores and how much time they spend together. REUTERS

AIDS pioneers split Nobel with scientist

HEALTH Two French scientists who discovered the AIDS virus and a German who bucked conventional wisdom to find a virus that causes cervical cancer were awarded the 2008 Nobel prize for medicine yesterday.

Montagnier

Barre-Sinoussi

Luc Montagnier, director of the World Foundation for AIDS Research and Prevention, and Francoise Barre-Sinoussi of the Institut Pasteur won half the prize of 10 million Swedish crowns ($1.4 million US) for discovering the virus that has killed 25 million people since it was identified in the 1980s.

Dr. Harald zur Hausen of the University of Duesseldorf and a former director of the German Cancer Research Center shared the other half of the prize for work that went against the established opinion about the cause of cervical cancer.

"The three laureates have discovered two new viruses of great importance and the result of that has led to an improved global health," said Jan Andersson, a member of the Nobel Assembly.

The discoveries made it possible to diagnose both infections, and led to the development of two vaccines that prevent cervical cancer, and more than 20 drugs that can keep HIV patients healthy. REUTERS

At least 72 dead after quake

DISASTER A powerful earthquake killed at least 72 people in Kyrgyzstan and levelled a village in the remote mountains of the Central Asian state, the health ministry said yesterday.

The quake, measuring 6.3 according to the U.S. Geological Survey, jolted an area between Kyrgyzstan, Tajikistan and Uzbekistan — Central Asia's most densely populated corner. REUTERS

Registered Afghans gearing up for elections

AHMAD MASOOD/REUTERS

An Afghan woman poses with her newly made voter registration card in Parwan province, north of Kabul yesterday. Afghanistan began registering voters yesterday for elections due next year that will test support for President Hamid Karzai.

News in brief

DEALS U.S. President George W. Bush will sign legislation opening a potentially lucrative nuclear trade with India tomorrow, a week after the deal was ratified by Congress, the White House said yesterday.

STUDY While letting infants sleep on their backs has cut the danger of sudden infant death syndrome, measures as simple as using a fan could further reduce it, according to a study published yesterday. REUTERS

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EBay cuts workforce to invest in infrastructure
EBay said it will cut 10 per cent of its workforce, or 1,600 workers, and spend $1.3 billion US to invest in payment and classifieds infrastructure and offset a slowdown in online auctions. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Meltdown **Wall Street on trial**

JONATHAN ERNST/REUTERS

Protesters hold signs behind Richard Fuld, Lehman Brothers' chairman and CEO, at a Congress hearing on the crisis yesterday.

Recession fears batter TSX

Panic selling sent the Toronto Stock Exchange down again yesterday on increasing fears of a global economic crisis.

Earlier in trading, the S&P/TSX composite index plunged nearly 1,200 points — by far the biggest one-day point drop on record and marking its first dip below 10,000 since July 2005.

Bay Street managed to claw back more than half its earlier losses, with Toronto's main index sinking 572.92 points, or 5.3 per cent, to close at 10,230.43.

No sector was left unscathed: The financials sector fell 3.7 per cent, while utilities fell six per cent.

Materials stocks dropped six per cent as concerns about falling demand for commodities pulled down base metals prices.

TORSTAR NEWS SERVICE

Business in brief

ACQUISITION Scotiabank will buy Sun Life Financial's stake in fund manager CI Financial for $2.3 billion to boost its wealth management operations and provide Sun Life with cash to go after acquisitions.

CONSTRUCTION The construction industry retreated in August, with permits falling by 13.5 per cent from July. Nonresidential building fell 19.3 points, while residential operations were down 9.3. **REUTERS**

Economy to stall into 2009: Bankers

GROWTH Canada's economy will show little or no growth for much of the next year, Canadian bank economists said yesterday at an emergency panel discussion held by the Economic Club of Toronto. They suggested there will be no snap-back in growth in 2010, and that the U.S. recession would hurt Canadian exports.

REUTERS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Your own dream team

SmartCookies

Even the smartest of cookies needs a little help navigating the financial world. So when you are looking for a professional to weigh in with advice on your investment portfolio performance or even what you can and can't write off, knowing who to turn to can be almost as confusing as getting advice in the first place. So here's our breakdown of some of the top financial experts you may want to add to your roster:

FINANCIAL ADVISERS

When They Can Help:

• Investment portfolio management and advice: Not sure how much you should be investing in stocks, bonds, GICs? Financial Advisors will assess your financial goals and focus on providing you with investment advice to match. They are compensated on an annual basis by a percentage of the assets they manage for you.

• Financial checkup/planning: Some financial advisors are also designated as Financial Planners. They can review your entire financial picture and also offer suggestions on debt and insurance.

Look for:

• Certified Financial Planner (CFP) and someone who has passed the Canadian Securities Course and is licensed in your area.

Where to Find One:

• Financial Planners Standards Council (cfp-ca.org/public/public_findaplanner.asp).

FINANCIAL PLANNERS

When They Can Help:

• Financial checkup: If you need someone to review your different financial obligations and options — debt, insurance, stock options, retirement plans, savings — but you don't feel as if you have any of them under control. Many planners offer a full assessment for a fee rather than an on going percentage of what they sell you.

• Money management: You're not interested in single-handedly managing your own finances. You need help monitoring investments and alerts when it's time to shift your portfolio, the markets change or your needs may change.

• Guidance through life changes: You're a new parent contemplating if someone can stay at home. You're going through a divorce and are adjusting to your new financial setup. You want information and guidance with new tax, property, and retirement issues.

Look for:

• Accredited Certified Financial Planner (CFP).

Where to Find One:

• Financial Planners Standards Council (fpsccanada.org/find_a_cfp_professional).

There's more that we can't fit in this space, so visit metronews.ca for information on accountants and what they can do for you.

And check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale now!

Read more Smart Cookies at metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

This week's column discusses the bailout package and if it will be enough to turn the North American markets around. Read it at metronews.ca

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Money matters in elections

Q Two years ago, my family and I became residents of Canada. I know very little about the Canadian election process. Particularly, how it impacts my family and our finances. How do I determine which party to choose?

Sondeep

A I applaud that you take this duty seriously. Let's have a glance at some of the promises:

Conservatives — PM Stephen Harper

• First-time homebuyers tax credit. Rebate up to $750.

• Increase Senior Age Credit by $1,000.

• New tax credit for parents with kids in eligible arts programs such as music, dance.

• Allow charitable groups to set up RESPs for kids from low-income families.

Liberals — Stéphane Dion

• A $600 per year increase of Guaranteed Income Supplement for low-income seniors.

• Additional $350 to existing $1,200 child care allowance.

• Carbon tax on fossil fuels, with an offsetting cut to business taxes.

• Simplify tax system for post-secondary students and provide $1,000 per year.

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Election 2008

Read more of Money Matters and details about the NDP, at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Resort view rm.
Nov. 12, 18, 19 & 25 • 3 nts.
FREE daily breakfast for two
$1199
Plus taxes & other fees: $225.

Atlantis, Paradise Island • 5★
Beach Tower - Terrace rm.
Nov. 18 & 25 • 4 nts.
$1349
Plus taxes & other fees: $225.

Grand Cayman via Toronto
Comfort Suites • 3★
Continental breakfast • Studio rm.
Oct. 19 & 26 • 3 nts.
$1459
Plus taxes & other fees: $285.

Sunshine Suites Resort• 3 1/2★
Continental breakfast • Studio rm.
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Cyclist Schumacher allegedly failed doping test

German cyclist Stefan Schumacher failed a doping test at this year's Tour de France, his team manager was quoted as saying yesterday. Schumacher won both individual time trials in this year's Tour. **REUTERS**

Sports

Westbrook has fractured ribs

Philadelphia Eagles running back Brian Westbrook, left, suffered fractured ribs on Sunday against Washington and his status for this week's game against San Francisco is uncertain. Despite the injury, which apparently occurred in the first quarter, Westbrook finished the game with 33 yards on 12 carries and a team-best six catches for 51 yards. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

One time at band camp...

Wisconsin bans marching band for several alleged incidents

YorkReport

Marty York

marty.york@metronews.ca

Bizarre allegations of hazing, alcohol abuse and inappropriate sexual behaviour cost the University of Wisconsin football team big time the other night.

And it wasn't even the football players who were charged with the wrongdoings. It was, er, the marching band.

For their alleged indiscretions, the band was banned. Yep, for the first time in 40 years, the Wisconsin band was prohibited from performing at a home football game because, reports allege, female band members were forced to kiss each other during a recent road trip to gain access to the bus bathroom, because at least one female was forced to mimic fellatio on a sex toy and because a tuba player had his head shaved against his will.

71 The CFL-record number of passes caught Saturday in Hamilton. The Tiger-Cats' Quinton Porter completed 27. Montreal Alouettes quarterback Anthony Calvillo completed 44. The previous record was 70, set in 1993.

I've never really seen any concrete value in marching bands at sporting events — to me, they're about as useful as national anthems and maybe cheerleaders — but Wisconsin players insist they suffered against Ohio State the other night because of the musicians' absence.

"Without them," receiver Nick Toon was quoted as saying, "it was too quiet and we didn't have the home-field advantage we should have had."

Wisconsin squandered a 10-7 halftime lead before falling 20-17.

• O.J. Simpson was so confident he'd beat the rap again that he had an acquittal party planned.

Simpson associate Thomas Riccio even invited U.S. radio-show host Anthony Crivello to join O.J.'s entourage for the party when the two were finished with an interview Friday night.

"That's how certain he was," Crivello said Saturday, after Simpson and co-defendant Clarence "C.J." Stewart were found guilty of all charges, including armed robbery and kidnapping with a deadly weapon. "The party was all prepared."

• The Boston Bruins are seeking to trade veterans Peter Schaefer and P.J. Axelsson … U.S. television viewers finally will get to see Hockey Night in Canada coverage in their homes this year, thanks to the new NHL Network, owned by the league … TSN likely will carry parts of an interesting ESPN interview tonight, when former Montreal Expos reliever Ugueth Urbina will speak from a Venezuelan prison, where he is spending a 14-year sentence for attempted murder … The Winnipeg Blue Bombers' Milt Stegall, leading receiver in CFL history, tried to help Sportsnet's poor ratings on the weekend by holding one of the network's microphones, looking into one of its cameras and suggesting with a straight face that hockey "isn't a sport." He compared it to darts. Don't know if the strange revelation helped Sportsnet, but it sure didn't help Stegall's image. Made himself look bush-league.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Red Sox send Angels packing

Red Sox 3 Angels 2

MLB Boston introduced a new late-game hero, as Jed Lowrie's seeing-eye single to right scored B.C. native Jason Bay with the winning run in the ninth frame, as the Red Sox advanced to the American League Championship Series with a 3-2 victory last night over the Los Angeles Angels of Anaheim in Game 4 at Fenway Park.

Bay, the man who replaced much-maligned yet still terrorizing hitter Manny Ramirez in a three-team trade prior to the trade deadline, scored the winning run as part of a solid series.

Rays 6, White Sox 2 — B.J. Upton hit two solo homers, and the Tampa Bay Rays defeated the Chicago White Sox, 6-2, to clinch their first berth in an American League Championship Series in franchise history.

Tampa Bay will battle division rival Boston in the ALCS.

METRO NEWS SERVICES

ADAM HUNGER/REUTERS

Boston Red Sox Jason Bay slides to score the game winning run in the ninth inning of last night's game.

Lightning swap pair to Canucks

NHL The Tampa Bay Lightning acquired defenseman Lukas Krajicek and forward Juraj Simek from the Vancouver Canucks for defenceman Shane O'Brien and forward Michel Ouellet yesterday.

O'Brien

The 25-year-old Krajicek played two goals and nine assists in 39 games for the Canucks last season. Last season with Tampa, O'Brien, 25, had a career-high four goals and 21 points along with 154 penalty minutes in 77 games.

METRO NEWS SERVICES

Sports in brief

NFL Buffalo Bill head coach Dick Jauron was noncommittal yesterday on the status of quarterback Trent Edwards, who left Sunday's loss to the Arizona Cardinals with a concussion.

METRO NEWS SERVICES

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Tampa Bay vs. Chicago W. Sox
LAST NIGHT'S RESULT
Tampa Bay 6 Chicago Sox 2
(Tampa Bay wins series 3-1)
NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
Chicago Cubs vs. L.A. Dodgers
(Dodgers win series 3-0)

Philadelphia vs. Milwaukee
(Philadelphia leads series 3-1)
x — only played if necessary.

CFL

WEEK 16
FRIDAY'S GAMES
Toronto at Winnipeg, 7:30
Edmonton at B.C., 10:30

MONDAY'S GAMES
Hamilton at Montreal, 1
Saskatchewan at CALGARY, 4:30

NFL

WEEK 5
LAST NIGHT'S RESULT
Minnesota 30 New Orleans 27

Exercise soon after stroke may boost outlook
If people who have had a stroke can be got out of bed and walking within 24 hours, their psychological well-being is likely to improve, according to an Australian study. In the early period after stroke, patients are often kept in bed. REUTERS

Health

What's good for your skin?
Ever wonder which of the thousands of beauty and skin care products out there actually work? Author Paula Begoun debunks all myths and offers readers scientifically-researched reviews on many of these products in the 7th edition of Don't Go to the Cosmetics Counter Without Me, $29.95. Available at Chapters/Indigo and at *Cosmeticscop.com*. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Model of good health

Activist discusses smoking pressure in fashion industry

CELIA MILNE
for Metro Canada

Anna Bertram had it all: Beauty, youth and ambition. But she also had an addiction.

Here's how it started: When Bertram was a teenager growing up in Montreal, she beat out 500 other girls to win a modelling contest put on by a fashion magazine. At the impressionable age of 16, she flew to Paris to start her career in modelling. She felt young and beautiful, but she was susceptible to the peer pressure of those older than her, especially because her parents were not with her. She wanted to prove she really fit in with the stylish modelling crowd. "I was on set and someone offered me a cigarette," she says. "I felt like that would make me cool, like I belonged with the grown-ups." She accepted the cigarette and smoked it, and so began 10 years of being hooked on nicotine. "I was that cool model. That pretty girl. But it's uglier," she says of her smoking habit.

Bertram's career was dazzling. She became the face of Avon, modelling on the runways of Europe, New York and Japan. She was featured in Elle magazine.

Bertram was naturally thin, and didn't use smoking as a weight-loss tool, but she recognizes that many models do. "A lot of models think about their weight. They have to be thin. Smoking could be one aspect of that." Even when she went to university, Bertram still thought smoking was a "cool, studenty" thing to do. And, like many young people, she felt immortal. "My health didn't concern me because I was so young."

It was 10 years later that she began to think about health. Her fiancé hated her smoking, and she felt like she was sneaking around and lying to him. She tired three times to quit, but kept caving in. Finally, nine years ago, she was successful, mainly by changing who she hung around with and avoiding the triggers to smoking.

She is now 35, still modelling, and a mother of two children. She has a message for girls: "I think young people see smoking as something cool. It really isn't."

The reality is that Bertram's experience is not old-fashioned. Smoking is on the upswing in teenaged girls today. "The rate of females smoking in their teen years is going up more than men," says Dr. Lew Pliamm, medical director of the Quit Clinic in Toronto and a lecturer in family medicine at the University of Toronto. "This is all about being thin and fitting in with peers; they are revolting against society."

"Models are well known to smoke and drink coffee; it makes them thin and up," says Dr. Pliamm. So, regular girls do it, too. "They identify with weight loss, being hip, fitting in, being cool."

Dr. Pliamm recommends young people don't start smoking. If you already smoke, get help with quitting as soon as possible. Many clinics are covered by provincial health insurance. And do your homework first, advises Dr. Pliamm.

Smoking stats

- Among girls 15 to 19 years old, 18 per cent smoke. By age 20 to 24, it is up to 23 per cent.

BEN LEMPHERS/FOR METRO CANADA

Model and anti-smoking activist Anna Bertram started smoking at the age of 16 as a means to fit in with the modelling crowd.

Is commitment in genes or jeans?

The J Spot
Josey Vogels
Sex talk with Josey

I can see it now. You meet a nice guy, you're out on your first date together, things are going swimmingly and by about dessert you're thinking: I like this guy. I could see this going somewhere. At which point you give him your best come hither look, gently take his hand in yours and stab him with a pin prick to draw some blood so you can test his commitment status.

Don't laugh, it could just be a matter of time before some entrepreneurial spirit takes advantage of the recent findings of a team of U.S. and Swedish researchers and makes this scenario possible.

According to a study of about 500 single and married men, the same gene that affects a rodent's ability to mate for life may affect human males' ability to commit. Seems there is a certain prairie vole that mates for life. The male is very attentive, looks after the pups, helps with feeding, in other words, every woman's dream mate. Then there is the meadow vole, a scamp of a vole that's only interested in one-night stands. Turns out the only difference between these voles is in a gene that plays a role in determining whether or not the vole is a commitment-phobe. Human males have a similar gene and the guys in the study with the meadow vole version of the gene earned lower scores on their partner bonding scale, and were less likely to be married at all.

"As far as I'm concerned commitment is more about choice than anything else."

As if guys need more reasons to avoid commitment. Imagine: "Oh sorry baby, I cheated on you, but I can't help myself. I'm genetically programmed to stray." Luckily, as a colleague of mine so eloquently once put it, we are more than simply "hairy bags of water." As such, attributing one's behaviour entirely to genetics is a cop-out. In fact, one could argue that our ability to commit has more to do with what's going on in our jeans than in our genes.

As far as I'm concerned commitment is more about choice than anything else. It's about deciding that your current relationship is worth more than the fleeting excitement you get from a brand new attraction.

Commitment doesn't mean you won't ever be attracted to anyone else ever again, or that your partner won't bore you or drive you crazy a good percentage of the time. It does mean, though, that when he or she does, you won't automatically bail, or start shopping for a new model. Because remember, the person you're with was also new once.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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300 sequel in the works

Zack Snyder has confirmed there will be a 300 sequel. The director, who helmed the movie adaptation of Frank Miller's graphic novel in 2006, has confirmed the author is penning and drawing a new story on which the film followup will be based. FEMALEFIRST.CO.UK

Entertainment

Treasure chest

Johnny Depp is to earn $56 million US for the fourth Pirates of the Caribbean film. The sum is reportedly the largest upfront payment in film history. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Signature sound

Nervous energy drives Born Ruffians

ROB MCMAHON
for Metro Canada

Born Ruffians aspire to stripped-down prog-rock that runs on rhythm.

Multiple time signatures, percussive guitars, vocal yelps and youthful energy are stitched into a seamless whole.

"At our best, hopefully, our songs sound like one fluid composition, even though we've written the parts at different times," said drummer Steve Hamelin. "I don't want to compare us to the Beatles, but they hide different time signatures in a song. Someone will be singing along and not notice that suddenly they are singing to 2/4 time."

Singer-guitarist Luke LaLonde plays guitar as rhythmically as Mitch DeRosier does bass and Hamelin drums. Parts bounce off one another, rather than blend together. The resulting instrumentation helps the group switch time signatures mid-song — clean, short and snappy, it allows mid-song leaps of musical faith without sounding grating.

"We always like to have wide spacious parts since they allow us to interact," explained Hamelin. "It's a perfect way to switch time signatures without it sounding awkward … We don't need to transition, but can just stop and go on to something else without making a jarring switch."

Ideas are approached as challenges the Toronto-based trio conceives theoretically and works up to playing. Depending on the song, parts are written either in a jam, as the result of running with a happy mistake, or written in parts and then joined afterwards. For example, Hummingbird is melded from parts written separately, whereas Badonkadonkey flowed from one session.

"Sometimes we jam out ideas, but a lot of the time they come when someone's leading and makes a mistake and the others follow, and it ends up sounding good," said Hamelin. "We don't have a blackboard to write down our ideas, and so we all potentially have a different part in our head … Sometimes there's a lot of miscommunication, but eventually it all clicks."

Born Ruffians are touring Western Canada in support of their latest album Red, Yellow and Blue.

Currently working on a followup to Red, Yellow and Blue, the band is harmonizing a little more. But while their singing may sound more melodic, the group's songs will retain their trademark mid-song switch-ups and nervous energy — a technique designed as much for the band as for their listeners.

"People say our songs jump around a lot, and they say we're spastic and have musical ADD, but I don't think as people, we're spastic personalities," he said. "We're just worried that with only three instruments, if we do anything for too long, it gets boring."

in concert …

- Born Ruffians play the Warehouse tomorrow night.

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DVD pick

You Don't Mess With the Zohan

Director: Dennis Dugan
Rating: 14A

ADAM SANDLER'S movies have become so predictable that when he does something different, you can't help but smile. Even if a few brain cells die in the process. You Don't Mess With the Zohan is possibly the nuttiest thing he's ever done. Sandler plays an Israeli commando named Zohan who yearns to be the new Paul Mitchell, super stylist. Zohan decamps for New York for a new career in hair clipping and blow-drying, but his past follows him in the form of Palestinian nemesis the Phantom (John Turturro), a man so menacing he chugs glasses of live baby chickens.

TORSTAR NEWS SERVICE

Read DVD reviews of The Happening and Up the Yangtze at metronews.ca

Bacon has Booth in his sights
Kevin Bacon is ready to take aim at John Wilkes Booth. The actor is developing a series for Showtime about former U.S. president Abraham Lincoln's assassin. TVGUIDE.COM

Oprah being sued for defamation

LAWSUIT The former headmistress of Oprah Winfrey's South African school is suing the talk-show host for defamation, imdb.com reports.

Nomvuyo Mzamane, who led the South African Leadership Academy for Girls, filed a lawsuit against Winfrey in Philadelphia on Friday in an attempt to salvage her professional reputation, according to People.com.

Oprah Winfrey

The civil suit claims Winfrey "launched what amounted to a defamatory campaign" against Mzamane late last year by implying that Mzamane is "untrustworthy, failed the students of the academy, did not care about the students at the academy, knew of alleged physical and sexual abuse at the academy, and participated in a coverup of the alleged abuse."

The suit cites comments to the media Winfrey allegedly made in October and November last year after a dorm matron at the school was charged with assaulting and abusing six students.

Coldplay wins top honours at Q awards

AWARDS British band Coldplay won two top prizes at the Q Music Magazine Awards in London yesterday, taking the Best Album title for chart-topper Viva La Vida or Death and All His Friends and the Best Act in the World accolade, Reuters reports.

Singer Duffy, whose debut album Rockferry has sold an estimated 3.5 million copies worldwide so far, won her first Q prize when she was named Breakthrough Artist at the 2008 awards in London, according to the magazine's website.

English group Keane won the Best Track category for Spiralling from their third album Perfect Symmetry, and U.S. indie rock band Vampire Weekend scooped the Best Video title with A-Punk.

METRO NEWS SERVICES

In brief

MUSIC American singer Pink has toppled Kings of Leon from the peak of the British pop charts with her single So What, the Official U.K. Charts Company said. Taken from her upcoming album Funhouse, the single is the second British No. 1 for the 29-year-old Pennsylvanian, whose real name is Alecia Moore. REUTERS

Beautiful People enraging, hard not to watch

IntelleVision

rick.mcginnis@metronews.ca

UGLY BEAUTY: One of the side effects of the multichannel universe, and the explosion of reality television feeding each other so voraciously, is that we have a wealth of TV on offer every night that appeals to more than just our desire to be diverted and entertained. Let me make this a little clearer: There's an awful lot of stuff out there that you'll watch even if you're probably not enjoying yourself, in the most supine sense of the word.

"It's basically Facebook with a doorman."

Slice's Beautiful People, which debuted last night, and gets repeated all over the network's schedule for the next week, is a fascinating bit of television that will probably irritate, enrage and disgust anyone with a healthy self-image and a worldview more profound than that of a spoiled and oversexed college junior. Still, it's hard to stop watching the show, which plays out like the cultural equivalent of a slow-motion train wreck, or a televised execution.

The first episode of the show follows Robert and Greg as they make their way from Los Angeles to Toronto to start the latest branch of Beautiful People, their apparently highly lucrative social networking website. It's basically Facebook with a doorman — a members-only website where good looks are the principal requirement for admission, and applicants are voted in by their prospective peers.

The two men are marvels of oily self-confidence, strutting, self-styled players with indeterminate European accents who would probably be played by the Wills — Farrell and Arnett — in the movie parody.

Robert and Greg are the hosts of Slice's Beautiful People.

They're spoiled and demanding, complaining bitterly about the luxury loft they've been put up in, and walking the streets of Toronto despairing that the city, never mind the country beyond it, has anyone up to the standards of their club.

Once you've allowed Beautiful People to colonize more than 10 minutes of your time, the implications of the show — and Robert and Greg's business — can't help but get under your skin. If you're too uncomfortable with its almost eugenic concept, it's also pretty likely that you probably wouldn't meet its standards. Judging by the applicants up for judgment on the beta website right now, there's a pretty narrow standard of beauty in effect, and some fairly attractive people are getting a big thumbs down from the jury. I have no illusions that I'd pass muster — too old, too fat, too bald, too weird — but I'm grateful that I've reached a tranquil plateau in my life where I don't really care.

With so many shows on prime time these days that look like they've been cast on the Beautiful People principle — The Hills, Gossip Girl and the new 90210 come to mind quickest, though the list is long, probably endless — Beautiful People actually reads like a subtle sort of social criticism masquerading as reality fluff. If nothing else, it's a rude reminder that the pitiless, Darwinian culture of high school has an effective half-life that lingers for at least a couple of decades after you survive the senior prom.

Rick McGinnis writes about music, movies, books and television, but not opera.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/7/08	267	351	- ACCESS	Help TV		Pushing Daisies (N)		Movie				Help TV
	243	317	3 CFCN	etalk	Hollywood	Dancing With the Stars		Criminal Minds (HDTV)		Law & Order		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
primetime	-	371	5 KXLY	Presidential Debate (HDTV) (Live)			Analysis	Opportunity Knocks		Dancing With the Stars		News
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (N) (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		House "Ugly" (HDTV PA)		Kitchen Nightmares (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Opportunity Knocks		NY-Hollywood	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	Presidential Debate (Live)				NCIS "Capitol Offense"		The Unit (HDTV)		TBA
	-	374	14 KSPS	Presidential Debate (HDTV) (Live)				Nova (N) (DVS)		Krakatoa		
	502	390	15 CBC	Presidential Debate (Live)				CBC News: The National		CBC News: The National		Pres. Debate
	-	370	16 KHQ	Presidential Debate (Live)				The Biggest Loser: Families		Be-Millionaire	Jeopardy! (N)	Wheel-Fortune
	-	373	22 KAYU	Presidential Debate (HDTV) (Live)			Two/Half Men	House "Ugly" (HDTV PA)		To Be Announced		News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Presidential Debate (Live)			Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	2008 World Series of Poker		SportsCentre (HDTV) (Live)			In This Corner	Boxing Ricardo Mayorga vs. Shane Mosley.		
	408	418	27 net	MLB Baseball: Division Series		MLB Baseball Division Series -- Teams TBA. (Live)						Sportsnet Con.
	410	403	30 SCORE	Poker: Canadian Open		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Flying Doctor	Don't Forget Your Passport		Pilot Guides "Venezuela"		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Fortune's Favour		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Pam: On Loose	Sunset Tan (N)	The Biggest Loser: Families		Inside Hollywood		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		My Shocking Story		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	The F Word		Chef School	At the Table	Restaurant Makeover		Cereal Skylines		The F Word
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield
	601	562	33 SLICE	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori and Dean
	-	633	34 ENC2	*Bad Money*	(7:20) *Amos & Andrew* (1993, Comedy)			*Free Money* ★ (1998, Comedy-Drama)			(10:35) *The Highwayman* ★	
	520	505	35 DISC	Destroyed	Destroyed	Mighty Ships "Maersk"		Daily Planet		Destroyed	Destroyed	Mighty Ships
	620	523	36 BRAVO	John Allan Cameron		Does Art Matter?: Election		Law & Order "Betrayal"		Without a Trace		*Fatherland*
	294	650	40 WPCH	(6) *Before and After*		Cheers	Family Guy	Family Guy	*Before and After* ★★ (1996, Drama) Meryl Streep.			
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	(6) *The Graduate*		*Bonnie and Clyde* ★★★★ (1967, Crime Drama)				*In the Heat of the Night* ★★★★ (1967)		
	628	584	43 SPIKE	CSI: NY (HDTV)		CSI: NY "Jamalot"		CSI: NY "Trapped"		CSI: NY (HDTV)		Trek: Voyager
	522	516	45 HIST	The Worst Jobs in History		NCIS "Sub Rosa"		The Real Da Vinci Code		The Real Da Vinci Code		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall	Star Wars	Stargate SG-1 (DVS)		Lost "Numbers"		Deep Space 9
	-	-	47 AMC	(6) *A Farewell to Arms* ★★ (1957, Romance)				(9:15) Mad Men		(10:15) *Stand by Me* ★★★ (1986)		
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	Missing Link Psychic.		Mysterious Ways		Judging Amy "Consent"		Killer Next Door		Missing Link
	269	350	93 APTN	News		Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	-	-	94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed		Don't Forget the Lyrics!		Party of Five		Story Of "Motley Crue"		Party of Five
	570	580	101 MM	So You Think You Can Dance Canada Top 18.				Degrassi: Next	Instant Star	Pimp My Ride	Technical Diff.	disBand
	581	566	102 MTV	Making the Band 4		Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton

critics' corner

South Park
If the residents of South Park had a contest for the most annoying person in town, Ms. Crabtree, who drives the school bus, would be a shoo-in. Honestly, she makes Cartman look like sugar, spice and everything nice. So all we need is an entire episode featuring Her Shrillness in charge of Kyle, Stan, Kenny, Eric and the rest of the gang when the bus gets into an accident. And adding insult to injury, the episode is titled "City on the Edge of Forever," which happens to be the title of one of the best "Star Trek" episodes ever made. For shame. 10:30 PM on COM

Live at the Rehearsal Hall
She's done two Christmas albums, befitting a woman named Holly, but Halifax-born chanteuse Holly Cole has dabbled in almost every musical genre, from standards and show tunes to Tom Waits and Elvis Costello covers. Here, she performs such old favorites as "Too Darn Hot" and "On the Sunny Side of the Street" as well as her own "Larger Than Life." She also chats with host Lance Chilton. 6 PM on BRAVO

They do!
Former American Idol star LaKisha Jones married financial adviser Larry Davis on Sunday in Los Angeles. Davis proposed to Jones, whom he met through friends, in June. **PEOPLE.COM**

Celebrity Buzz

Lauren denies betraying pal

PEOPLE The Hills star Lauren Conrad is denying reports that she had a fling with Justin Bobby, the on/off boyfriend of her former roommate Audrina Patridge, us-magazine.com reports.

"I'm being accused of being a bad friend, a s— and a liar all at once. It would actually be funny to me if people weren't taking it seriously," Conrad says. "The worst thing is knowing that a friend, that I've known for years and even shared a home with, thinks that I'm capable of that kind of betrayal. I would never hurt a friend like that!"

PerezHilton.com reported that Patridge learned of the alleged hookup about a week ago, from one of Bobby's friends.

"Once again someone has mysteriously called Perez Hilton and had him post another insane and completely false rumour about me," Conrad blogged on her MySpace page. "What kind of person would enjoy watching blogs and the press tear me apart?"

METRO NEWS SERVICES

Amy's guest list veers on long side

MARRIAGE Amy Adams wants a huge wedding, femalefirst.co.uk reports.

The actress, who recently announced her engagement to Darren Le Gallo, her boyfriend of six years, wants to tie the knot in front of her entire family in a lavish ceremony.

"I'm one of seven kids — it was never going to be a small wedding!" she says.

Adams also revealed she and her aspiring actor fiancé are not competitive when it comes to their careers.

"Darren is not competitive with me at all. He has a wonderful talent and there aren't many people in the world who are like that, where he does not think that my success is his failure," she tells Vanity Fair magazine. "He just doesn't see it like that, and I don't either. If anything, he's probably a little more protective. He is very protective of other people's ownership of me."

METRO NEWS SERVICES

Keira pans unnecessary nudity

MOVIES Keira Knightley has never been shy about showing some skin in a movie, but if you ask her, it was all warranted and boosted the storyline, popeater.com reports.

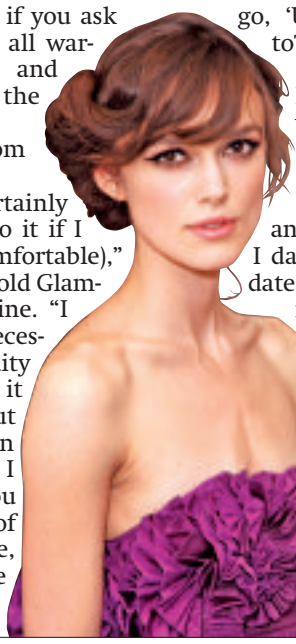
"I certainly wouldn't do it if I wasn't (comfortable)," Knightley told Glamour magazine. "I detest unnecessary nudity and what it says about women in society. I think you see a lot of films where, oh, yes, the woman gets her t— out again and runs around naked for no reason. And you kind of go, 'Ugh, do we have to?' "

One thing Knightley says she won't talk about, however, is her love life.

"I never say anything about who I date or who I don't date, and there I've made one statement and I'm not going to make another one," Knightley says.

She is reportedly dating actor Rupert Friend.

METRO NEWS SERVICES



Calista reveals battle in returning to work

PEOPLE Calista Flockhart reportedly fell apart when she gave up her role as a full-time mother to return to acting, imdb.com reports.

After raising son Liam from infancy, the former Ally McBeal star returned to the small screen in 2006 to star in Brothers and Sisters.

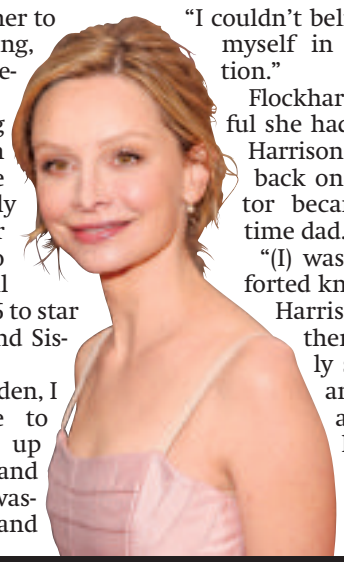
"All of a sudden, I wasn't home to pick Liam up from school, and I realized it wasn't really OK, and I wasn't happy, and I was scratching my eyes out," Flockhart tells C Magazine.

"I couldn't believe I'd put myself in this situation."

Flockhart was grateful she had boyfriend Harrison Ford to fall back on, as the actor became a full-time dad.

"(I) was very comforted knowing that Harrison was there. He really stepped up and became a stay-at-home dad," she says.

METRO NEWS SERVICES



Jay-Z splashes out for Beyoncé's wedding ring

MARRIAGE Rapper Jay-Z spent $4.3 million US on singer Beyoncé Knowles' wedding ring, femalefirst.co.uk reports.

Although the couple married in a secret ceremony in April, Beyoncé had so far refused to show off the band until she was seen on a Miami beach with her sister Solange last weekend.

The ring is believed to be from the jewellers Schwartz.

Mohammed Cimark, who runs Precious Gems and Jewels in London, confirmed the huge octagon-cut diamond is a rarity.

"If it is 18 carats then it's a lovely size, an exceptional diamond. It's clearly a premium stone," he says.

The jeweller says he believed the stone had been sourced from Africa.

METRO NEWS SERVICES

Humour wins over Robin

RELATIONSHIPS Sean Penn wooed his wife Robin Wright Penn on their first date, by making her laugh in a ridiculous outfit, imdb.com reports.

The husband and wife of 12 years are back together after a brief split earlier this year.

"I walked in, the door was ajar," she says. "We were going to dinner. He said, 'I'll be right in.' Five minutes later, he came in wearing cowboy boots, a jock strap, a pit helmet and a bow tie. I think that's probably why I'm with him, because I'd never seen that on a first date before."

METRO NEWS SERVICES

celebrity brief

Paris plans to have kids soon

FAMILY Paris Hilton has babies on the brain, People.com reports.

"I definitely want three or four (children)," the socialite said in Las Vegas Saturday night, while partying at Pure Nightclub for her sister's birthday.

The youngsters may be arriving sooner rather than later too.

"Soon," Hilton says, with respect to a timeline. "Maybe a year or two."

In the meantime, Hilton is just enjoying domestic life with her boyfriend Benji Madden.

"We just had our seven-month anniversary," she says. "We are just so happy."

METRO NEWS SERVICES

celebrity brief

I'm not overtly sexy, Victoria says

PEOPLE Victoria Beckham seems to be suffering from low self-esteem after having moved to Los Angeles, saying she feels out of place among the beautiful people and looks "a bit off," orange.co.uk reports her as telling Glamour magazine.

"I know I'm not overtly sexy to men. I'm just not one of those women," the former Spice Girl says.

However, Beckham adds that she deals with her self-doubt by being "very in touch with my spiritual self" and realizing she's "a girl who made the best of herself."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Gossip spurs Anne's friends

PEOPLE Anne Hathaway has hit out at her friends for believing tabloid rumours about her love life, imdb.com reports.

The actress has been the subject of gossip since she split with businessman Raffaelo Follieri, who was arrested on charges of fraud shortly after they parted ways.

But she insists she's still single, and is sick of fielding calls from girlfriends who believe every word they read.

"I don't look at gossip magazines and websites, but my friends do and they call me out of the blue and ask me if I'm dating someone," she says.

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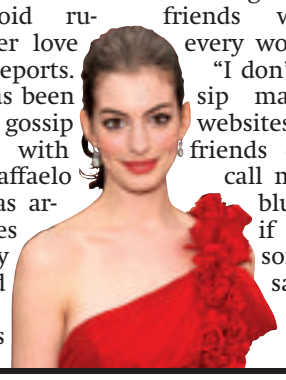

The Weather Network 20 YEARS
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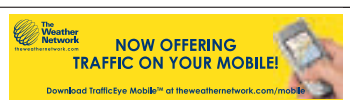
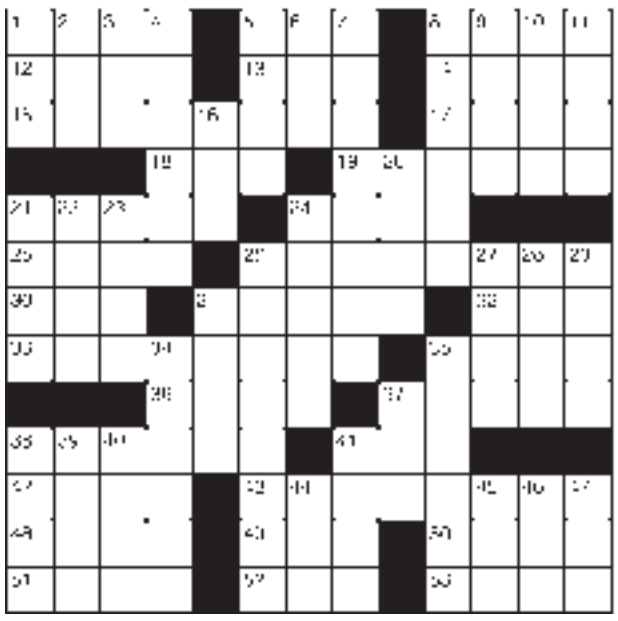
Today: Mainly sunny 14° / 3°
Wednesday: Sunny 10° / -2°
Thursday: Sunny 8° / -3°



Take Five



Crossword across

1 Junk in the in-box
5 Stir-fry pan
8 Greet the villain
12 Operatic showstopper
13 Rage
14 Reverberate
15 "Yellow" band
17 Horse of a different color?
18 Scoundrel
19 Cognac, e.g.
21 Lieu
24 Brat's stocking stuffer
25 "— Fiction"
26 Make like a caught possum
30 Recede
31 10 million rupees
32 Sticky stuff
33 Jerry Garcia fan
35 Lion's pride?
36 Feeble
37 Autumnal quaff
38 Dramatist Molnar
41 Swindle
42 Satan's field
43 Winter woe
48 Snitch
49 Mess up
50 Squared away
51 War god
52 Urban scurrier
53 Information

Crossword down

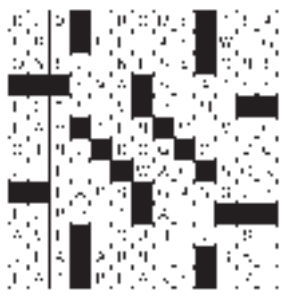
1 Pouch
2 Expert
3 Have 43-Across, maybe
4 Capricious and reckless
5 Untamed
6 Feast-famine link
7 PC requirement
8 Boston news-paper
9 Pic to click
10 Roe provider
11 PlayStation maker
16 Cushion
20 Bygone comic Martha
21 Raced
22 Toothpaste holder
23 Exile isle
24 Mantle
26 Pulpit VIP
27 "Zounds!"
28 Top-notch
29 Active person
31 "Big Brother" host Julie
34 Resides
35 Chopped finely
37 Cape —
38 Greek cheese
39 Always
40 Anger
41 Wagon
44 Historic time
45 Eggs
46 Allow
47 "CSI" evidence

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		4		2		6	
7			3		8			2
	9			6			1	
		7				8		
9	6						7	3
		5				9		
	7			2			3	
6			5		7			4
	1		6		4		2	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	8	1	3	2	5	9	7
3	9	5	7	6	4	1	2	8
7	1	2	5	8	9	6	4	3
9	8	3	2	5	7	4	6	1
1	2	7	6	4	3	8	5	9
4	5	6	9	1	8	7	3	2
8	3	1	4	2	6	9	7	5
5	7	4	3	9	1	2	8	6
2	6	9	8	7	5	3	1	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:
2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 ml) diced tomatoes
1/2 cup (125 ml) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:
1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes, and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 ml) of the simmering broth. Return to pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

PER SERVING:
405 calories, 20 g protein, 40 g carbohydrates, 10 g fiber, 20 g total fat, 3 g saturated fat, 0 mg cholesterol, 303 mg sodium

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll understand irresponsible behaviour after a chat. You'll demand that maturity be shown. Your great work will lead to financial rewards.

TAURUS
APRIL 21-MAY 21
Friction with a crook will result from restlessness. A visitor will complain about a commotion. A loved one will soon be in the news.

GEMINI
MAY 22-JUNE 21
A reckless simpleton is absent-minded. There's an abundance of tension in the air. Be patient with a romantic person.

CANCER
JUNE 22-JULY 22
Others will seek you out for bizarre ideas. Foster optimism about a deeper commitment. Don't be cranky when you lose a game.

LEO
JULY 23-AUG 23
It's important to have a discussion with an old friend. A message will make you reach for the right person. Someone's objection will cause resentment.

VIRGO
AUG 24-SEPT 22
Progress is made after guilt wastes everyone's time. Someone is trying to take advantage of you. Don't go against your better judgment.

LIBRA
SEPT 23-OCT 23
Others will ask you for advice. You'll surprise yourself. Information about a job will reduce your uneasiness.

SCORPIO
OCT 24-NOV 22
Embarrassment results from stubbornness. Keep a steady hand in a new situation. A confining relationship causes a dishonest reaction.

SAGITTARIUS
NOV 23-DEC 21
Detours will make you grit your teeth. You'll achieve recognition for your efforts. An admiring friend will create a stronger rapport.

CAPRICORN
DEC 22-JAN 20
An absurd puzzle is solved by making a fresh approach. An ailing friend is like putty in your hands. Bite your tongue when someone irritates you.

AQUARIUS
JAN 21-FEB 18
You'll jump when money comes unexpectedly. Concentrate on forging full-steam-ahead. A difficult person will do something delightful.

PISCES
FEB 19-MARCH 20
A family intervenes to save a relative from doom. A trickster will cause a terrific quarrel. You'll have to amuse a disagreeable person.

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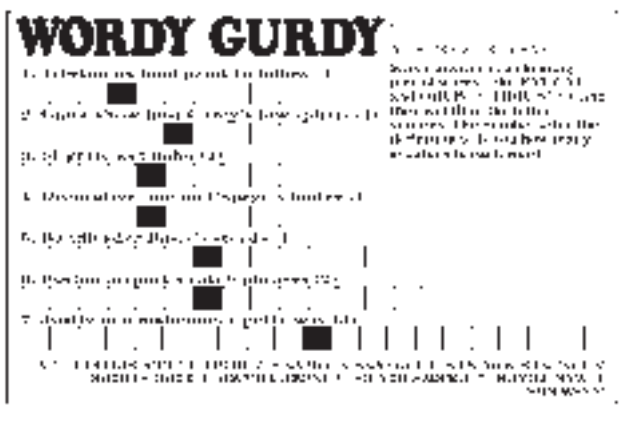

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